


5 Days of DASH

15 MEALS TO HELP EASE THE PRESSURE



DASH DETAILS

The study called DASH (Dietary Approaches to Stop Hypertension) found that the risk of elevated blood pressure can be reduced with a lowfat eating plan that is rich in lowfat dairy foods, fruits and vegetables. The plan is rich in calcium, potassium and magnesium – about two to three times the amounts most Americans get.

It's easy to adopt the DASH eating plan. Here are some ways to get started:

- If you now eat one or two vegetables a day, add a serving at lunch and another at dinner.
- Add a serving of fruit to your meals or have as a snack. You need 8 to 10 servings of fruits and vegetables a day.
- To increase your dairy servings to three a day, drink lowfat milk with lunch and dinner, instead of soda, alcohol or sugar-sweetened tea. Grab a carton of lowfat yogurt for a snack.
- Feed your craving for sweets with fresh or dried fruits, lowfat chocolate milk or fruit-filled gelatin.

TIPS ON DASHING TO EASE THE PRESSURE

- Put great flavor first.
- Enjoy eating!
- Eat sitting down, with others, at a table.
- Exercise 30 minutes daily.
- Do not smoke.
- Try a new vegetable or fruit every week (grow some of your own!)
- Treat meat as one part of the whole meal, instead of the focus. Try more casseroles, pastas and stir-fries that include lots of vegetables.
- Try lowfat chocolate milk for a change of pace; it has all the nutrients of white milk and tastes great too!
- For snacks, choose in season, fresh whole fruits and vegetables first. Dried fruit, roasted nuts, lowfat and fat free yogurt, unsalted pretzels and air-popped popcorn are good choices too.

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Drink 3
for the calcium you need

DELECTABLE DINING ON THE DASH DIET

These five days of menus, created by Dr. John La Puma at Chicago's C.H.E.F. Clinic, are based on the DASH eating plan. The menus total about 2,000 calories a day – serving sizes should be increased or decreased for other calorie levels. Dr. La Puma's recipes are given for starred items.



Day 1

DELECTABLE DINING ON THE DASH DIET

BREAKFAST

- Cheesy Eggs*
- Whole Wheat Pita Bread Loaf, ½
- Grapefruit, ½ large

CHEESY EGGS

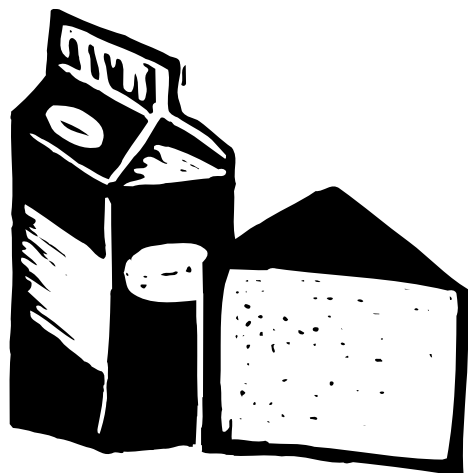
Scramble 1 whole egg, 2 egg whites and 2 tablespoons fat free or lowfat milk in a hot nonstick sauté pan coated with olive oil cooking spray. Sprinkle with 1 ounce grated reduced fat extra sharp Cheddar cheese, 2 chopped sun dried tomatoes and 1 chopped green onion. Scramble and slide inside half of toasted pita bread. Serves 1.

LUNCH

- Red Pepper Stuffed with Couscous and Chickpeas*
- Fat Free Milk, 1 cup

RED PEPPER STUFFED WITH COUSCOUS AND CHICKPEAS

Add ¼ cup couscous to ½ cup warm chicken broth or vegetable stock. Slice the top off a red bell pepper and reserve; hollow out the pepper. Dice the pepper top and add it to the cooked couscous. Add ¼ cup drained, rinsed, canned chickpeas; ¼ cup dried apricots, diced; ¼ teaspoon ground cardamom or cumin; and 4 drops Tabasco sauce. Stir and add ¾ cup minced flat-leaf parsley, and a squeeze of lemon. Stuff the pepper and eat up! Serves 1.



DINNER

- Sugar Snap Stir Fry with Fresh Mango*
- Lowfat Frozen Yogurt, ½ cup

SUGAR SNAP STIR FRY WITH MANGO

Marinate 1 cup extra firm diced tofu (or one 4-ounce sliced chicken breast) in 1 tablespoon low-sodium soy or tamari sauce, 2 teaspoons lime juice, 3 drops Tabasco sauce, a teaspoon sugar and ½ teaspoon sesame oil for at least 10 minutes and up to an hour. To a hot wok or sauté pan, add 1 cup whole sugar snap peas (pea pods or fresh whole green beans), the tofu or sliced chicken with the marinade and ½ cup vegetable stock or chicken broth. Cook with high heat until the liquid is almost gone. Add 1½ cups cooked instant brown rice (follow package directions) mixed with ½ cup diced fresh mango and ¼ cup minced green onions. Stir well. Garnish with a tablespoon of slivered dried mango. Serves 1.

SNACKS

- Apple, 1 medium
- Whole-Grain Crackers, 6

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NUTRITION FACTS PER DAY

Calories:1,970
Total Fat:30 g
Saturated Fat:10 g
Cholesterol:325 mg
Carbohydrates:329 g

Calcium:1,618 mg
Magnesium:356 mg
Potassium:3,147 mg
Sodium:2,596 mg
Fiber:35 g

NUMBER OF SERVINGS PER DAY

Grains:6
Vegetables:5.5
Fruits:4
Dairy Foods:3

Day 2

DELECTABLE DINING ON THE DASH DIET

BREAKFAST

- Currant-Apple Muesli*
- Shake Rattle and Roll Shake*

CURRENT-APPLE MUESLI

Combine $\frac{3}{4}$ cup lowfat muesli (or granola) with $\frac{3}{4}$ cup fat free milk plus $\frac{1}{2}$ of a crisp, diced medium apple, 2 tablespoons dried currants (or use raisins or dried cranberries) and a sprinkle of cinnamon. Serves 1.

SHAKE RATTLE AND ROLL SHAKE

Blend half of a medium banana, a whole peeled orange, $\frac{1}{4}$ cup fat free milk, $\frac{1}{2}$ tablespoon honey, 2 ice cubes and a shake of nutmeg. Blend well until smooth. Serves 1.

LUNCH

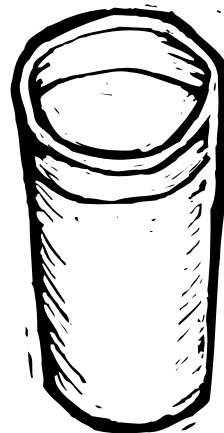
- Smoked Shrimp Quesadillas*
- Sweet Jicama Salad with Tangerine and Fennel*
- Pear, 1 medium

SMOKED SHRIMP QUESADILLAS

Combine $1\frac{1}{2}$ ounces grated lowfat smoked mozzarella cheese, 3 ounces diced cooked shrimp (or smoked chicken), $\frac{1}{2}$ teaspoon ground cumin, $\frac{1}{4}$ cup diced red onion, 1 deseeded and chopped plum tomato, and 1 diced jalapeno (optional). Mix together. Spread mixture on two 8-inch whole-wheat tortillas. Heat open faced in a hot nonstick frying pan until the tortillas begin to brown – 1-2 minutes. Slip out of the pan, add 4 or 5 cilantro leaves, fold and slice into wedges. Serves 1.

SWEET JICAMA SALAD

Peel and slice $\frac{1}{4}$ pound of jicama into $\frac{1}{4}$ -inch thick bite-size pieces, and add to a big bowl. Stem, core, and halve a small fennel bulb. Slice $\frac{1}{2}$ of it into thin half moons, and add. Slice $\frac{1}{4}$ of a small red onion thinly, and add. Squeeze a small seedless tangerine over the jicama and fennel, sprinkle with $\frac{1}{8}$ teaspoon salt and mix. Garnish with a little black pepper and a tablespoon of chopped fennel leaves. Serves 1.



DINNER

- Ginger Sesame Salmon*
- Artichoke Heart Salad*
- Whole Wheat Roll with Marmalade
- Sliced Strawberries, $\frac{1}{2}$ cup
- Fat Free Milk, 1 cup

GINGER SESAME SALMON

Marinate 4 ounces of salmon for 15 minutes in $\frac{1}{4}$ cup soy sauce, 2 tablespoons balsamic vinegar, $\frac{1}{2}$ teaspoon sesame oil, and a 2-inch chunk of peeled ginger, grated. Coat a hot nonstick skillet with 1 teaspoon olive oil. Remove salmon from the marinade, and sauté the fish until just firm – about 1 minute on each side. Sprinkle the salmon in the pan with 1 teaspoon sesame seeds. Remove the salmon and garnish with 1 tablespoon minced green onion. Serves 1.

ARTICHOKE HEART SALAD

Toss together a quarter head of chopped romaine lettuce with $\frac{1}{4}$ medium cucumber (sliced), 2 ripe plum tomatoes (diced), and 4 ounces artichoke hearts (water-packed, drained and quartered). For the dressing, mix a small minced garlic clove, 2 teaspoons canola or olive oil, the juice of a fresh-squeezed medium lemon, $\frac{1}{2}$ teaspoon dried oregano, marjoram or thyme and salt and pepper to taste. Serves 1.

SNACKS

- Unsalted Pretzels, $\frac{3}{4}$ cup (1 oz)
- Raisins, $\frac{1}{2}$ cup

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NUTRITION FACTS PER DAY

Calories: 2,039
Total Fat:45 g
Saturated Fat:12 g
Cholesterol:264 mg
Carbohydrates:345 g

Calcium:1,335 mg
Magnesium:344 mg
Potassium:5,201 mg
Sodium:2,343 mg
Fiber:49 g

NUMBER OF SERVINGS PER DAY

Grains:5
Vegetables:6
Fruits:6
Dairy Foods:3

Day 3

DELECTABLE DINING ON THE DASH DIET

BREAKFAST

- Hash Brown Potatoes, Peppers and Onions with Scrambled Eggs*
- Whole-Grain Toast
- Orange, 1 medium
- Decaf Caffe Latte, with 1 cup Fat Free Milk

HASH BROWN POTATOES, PEPPERS AND ONIONS

Pre-heat a large, non-stick skillet over medium high heat. Sauté 2 small red-skinned new potatoes, ¼ medium yellow onion, and ¼ green bell pepper, all diced into ½-inch pieces in 1 teaspoon olive oil. Season with ¼ teaspoon salt and ¼ teaspoon pepper and stir until brown, or about 8-10 minutes. Add ¼ cup chicken broth or rich vegetable stock and cover for 3 minutes. Separately, whisk together, 1 whole egg, 1 egg white and 1 tablespoon fat free milk. Reduce the heat to low, and pour and stir the eggs into the vegetables. Cook until firm – about 20 minutes. Serves 1.

LUNCH

- Poblano Black Bean Corn Soup*
- Baked Tortilla Chips, 6
- Cool Spicy Cucumber and Orange Salad*
- Fat Free Milk, 1 cup

POBLANO BLACK BEAN CORN SOUP

Sauté ¼ small white onion diced, ½ small poblano pepper deseeded and diced, 2 cloves minced garlic, and ¼ teaspoon each of cumin powder and dried oregano in ½ teaspoon olive oil over high heat for 2 minutes. Add ½ of a 15-ounce can of drained, rinsed black beans, ½ cup corn (frozen or fresh), 1 teaspoon balsamic vinegar, and 1 cup chicken stock. Simmer for 6-8 minutes, and top with 1 tablespoon well-aged grated real parmesan cheese. Serves 1.

COOL SPICY CUCUMBER AND ORANGE SALAD

Slice ½ large cucumber and a whole orange. Sprinkle with a squirt of lime, ¼ teaspoon chili powder and 1 teaspoon toasted pumpkin seeds. Serves 1.



DINNER

- Oaxacan Chicken with Raisins and Olives*
- Melon Balls, 1 cup

OAXACAN CHICKEN WITH RAISINS AND OLIVES

In a 6-quart skillet, sauté ¼ cup uncooked long grain rice in 1 teaspoon olive oil until the rice pops – about 2 minutes. Add ½ cup highly flavorful salsa of choice, ½ cup chicken stock, one 4-ounce halved chicken breast, ¾ cup baby carrots, 2 tablespoons pitted chopped green olives, 2 tablespoons dark raisins and ½ teaspoon ground cinnamon. Bring to a simmer, stir once, cover tightly and bake in a 375 degree oven until the stock is absorbed – 20-25 minutes. Sprinkle with 2 tablespoons chopped fresh cilantro or parsley, mix everything with a fork, and serve. Serves 1.

SNACKS

- Fat Free Yogurt, 1 cup
- Microwave Popcorn, plain, 1½ cups

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NUTRITION FACTS PER DAY

Calories:1,943
Total Fat:40 g
Saturated Fat:9 g
Cholesterol:341 mg
Carbohydrates:303 g

Calcium:1,384 mg
Magnesium:237 mg
Potassium:4,082 mg
Sodium:4,163 mg
Fiber:37 g

NUMBER OF SERVINGS PER DAY

Grains:5
Vegetables:7
Fruits:4
Dairy Foods:3

Day 4

DELECTABLE DINING ON THE DASH DIET

BREAKFAST

- **Maple Oatmeal with Plums and Prunes***
- **Decaf Iced Latte, with 1 cup Fat Free Milk**

MAPLE OATMEAL

Microwave $\frac{3}{4}$ cup old-fashioned rolled oats in $\frac{3}{4}$ cups fat free milk until the oatmeal is bubbling. (Heat your milk in a sauce pan on the stove, stirring constantly, and cook the oatmeal for 5-8 minutes until thickened). Stir in $\frac{1}{4}$ cup apple cider, 2 diced fresh plums (or other in-season stone fruit), $\frac{1}{4}$ cup diced prunes (or dried apricots or peaches) and 1 tablespoon real maple syrup. Sprinkle with cinnamon or nutmeg. Serves 1.

LUNCH

- **Lentils with Tomato, Feta and Arugula***
- **Grapes, 1 cup**

LENTILS WITH TOMATO, FETA AND ARUGULA

Add $\frac{3}{4}$ cup whole green lentils to 4 cups of water, 2 large bay leaves, and 1 teaspoon dried oregano. Simmer until tender – at least 20 minutes. Drain off any extra cooking liquid. In a bowl, combine drained lentils, the diced inside of 2 large scooped out beefsteak tomatoes, 1 ounce crumbled feta cheese, 1 cup chopped arugula, 2 teaspoons fresh or dried thyme and 2 teaspoons vinegar (seasoned rice or white wine). Stuff the scooped out tomatoes and garnish with more fresh thyme. Serves 1.



DINNER

- **Sicilian Spaghetti and Tuna***
- **Minted Escarole and Potatoes***
- **Lowfat Frozen Yogurt, $\frac{1}{2}$ cup**

SICILIAN SPAGHETTI AND TUNA

In a hot nonstick skillet, sauté $\frac{1}{2}$ medium yellow onion diced, 1 clove minced garlic, $\frac{1}{2}$ teaspoon anchovy paste, and $\frac{1}{2}$ minced chipotle chile for 2 minutes. Add 1 cup fresh chopped plum tomatoes, 1 teaspoon capers (drained and rinsed) and sauté for 2 minutes. Add 1 cup chopped fresh spinach, and 3 ounces fresh tuna (or canned, packed in water), cut in $\frac{1}{2}$ inch cubes, and cook for 60-90 seconds. Turn off the heat, sprinkle with $\frac{1}{2}$ tablespoon fresh or dried marjoram, and serve over 2 ounces whole wheat spaghetti, cooked according to the package directions. Serves 1.

MINTED ESCAROLE AND POTATOES

To a hot 6-quart Dutch oven or saucepan, add 2 large cloves of slivered garlic and sauté in 1 teaspoon olive oil for 10 seconds. Add 2 cups escarole, leaves and bottoms (for bottom 2 inches trim and cut into 1-inch pieces) and $\frac{1}{4}$ pound red skin new potatoes (2 small) diced. Sauté until escarole is wilted – about 2 minutes. Add $\frac{1}{4}$ teaspoon ground black pepper, $\frac{1}{4}$ cup slivered mint and $\frac{1}{2}$ cup chicken stock. Cover and simmer for 5 minutes. Serves 1.

SNACKS

- **Dried Fruit Mixture, $\frac{1}{4}$ cup (1 oz)**
- **Whole-Grain Crackers, 6**

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NUTRITION FACTS PER DAY

Calories: 2,043
Total Fat: 26 g
Saturated Fat: 8 g
Cholesterol: 86 mg
Carbohydrates: 359 g

Calcium: 1,255 mg
Magnesium: 325 mg
Potassium: 5,229 mg
Sodium: 2,725 mg
Fiber: 58 g

NUMBER OF SERVINGS PER DAY

Grains: 4.5
Vegetables: 9
Fruits: 5
Dairy Foods: 3

Day 5

DELECTABLE DINING ON THE DASH DIET



BREAKFAST

- Sweet Yogurt with Fresh Strawberries, Toasted Almonds and Granola*
- Grapefruit, ½ medium

SWEET YOGURT WITH STRAWBERRIES

Toss 1 cup fresh quartered strawberries with 1 teaspoon brown sugar, and add to the middle of a cereal bowl holding 1 cup fat free yogurt (plain or strawberry). Top with ¼ cup slivered toasted almonds and ¼ cup lowfat granola. Serves 1.

LUNCH

- Rosemary Double Corn Polenta Cake*
- Minestrone Soup, 1 cup

ROSEMARY DOUBLE CORN POLENTA CAKE

In a 3-quart sauce pan, sauté 3 large cloves minced garlic in 1 teaspoon olive oil. Add 1½ cups of water, 1½ cups fat free or lowfat milk, ½ teaspoon each salt and black pepper, and ¼ teaspoon crushed dried rosemary. After it comes to boil, reduce heat to medium and add ½ cup of instant or quick-cooking polenta and stir for 5-8 minutes. When thick, add 1 cup corn (frozen, canned or fresh) and mix into the polenta. Turn off the heat. Stir in 1½ ounces grated well-aged romano cheese and ¼ cup chopped chives. Pour into a 9-inch pie tin and let it set for 10 minutes or so. Garnish with ½ teaspoon fresh minced rosemary if available and a sprinkle of the grated cheese. Cut into wedges. Serves 3.

DINNER

- Long Thai Grilled Subs*
- Fresh Spinach and Mushroom Salad, 1½ cups
- Vinaigrette Dressing, 1 tablespoon
- Fresh Fruit Salad, 1 cup

LONG THAI GRILLED SUBS

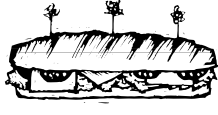
In a bowl, combine 8 cloves minced garlic, 6 halved serrano peppers, 2 cups vegetable stock, ¼ cup fish sauce, juice of ½ lime and 1 teaspoon sugar. Thinly slice lengthwise ½ small eggplant, ½ zucchini and ½ summer squash. Marinate these and 2 large portobello mushroom caps for at least 15 minutes and up to an hour. Remove from the marinade. Broil (or grill) the vegetables 6-8 minutes on one side; check for softness and slight char. Remove the mushroom caps and slice. Layer the eggplant, zucchini and squash and sliced mushroom on 2 toasted whole wheat hot dog buns.

SNACKS

- Lowfat Chocolate Milk, 1 cup
- Banana, 1 medium

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NUTRITION FACTS PER DAY

Calories: 2,042
Total Fat: 42 g
Saturated Fat: 8 g
Cholesterol: 34 mg
Carbohydrates: 357 g

Calcium: 1,418 mg
Magnesium: 379 mg
Potassium: 5,190 mg
Sodium: 4,145 mg
Fiber: 32 g

NUMBER OF SERVINGS PER DAY

Grains: 5
Vegetables: 8
Fruits: 6
Dairy Foods: 3